



A GENTLE GIFT FROM LANTERN PATH BOOKS

After You've Lost It

What to say to your little one when you've snapped, and the one line to say to yourself.

For parents and carers of little ones

WHAT'S INSIDE

- ★ Why it's not just you
- ★ The five things to say when you're ready to come back
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It's not just you

Before the words, a breath. Then the way back.

You snapped. Maybe you yelled, maybe you said the exact thing you swore you never would. And now the house is finally quiet and you're lying there certain you're getting all of this wrong.

You're not. Almost every parent has a moment they wish they could take back. You are not the only one, and you are not a bad parent. You are a loving one who ran out of room.

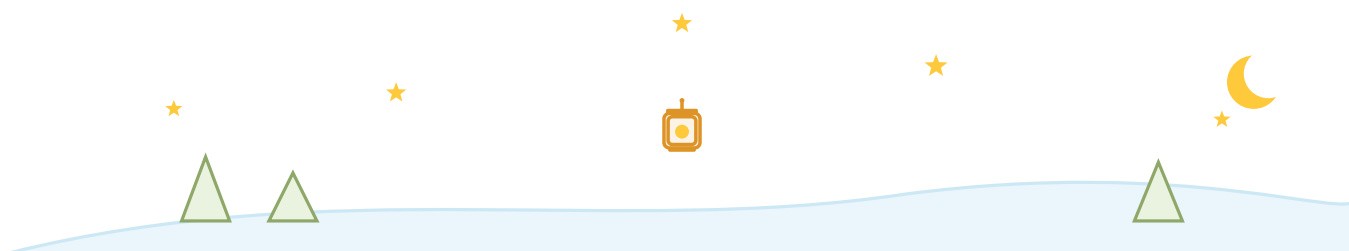
When you snap, it is usually not a choice. It is a tired, stretched-thin body reaching its edge after a long day of being needed. Your alarm went off. That is human, not proof of anything about the kind of parent you are.

And here is the part nobody hands you: little ones do not need a parent who never gets it wrong. They need a parent who comes back. The coming-back is not damage control, it is the lesson. Every time you repair, your child learns that love holds, even after a hard moment. You have not broken anything you cannot mend.



You do not have to be calm. You have to come back.

Every child and every family is different, keep what suits yours. These are gentle ideas for the hard moments, not medical, psychological, or behaviour advice.





When you're ready to come back

Five gentle things to say to your little one, once the storm has passed.

There is no clock on this. Repair can come ten minutes or ten days later and it still counts. Pick one line that feels like you.

1 “I’m sorry I used my big voice. That was my hard moment, and it wasn’t your fault.”

Why it helps: little ones quietly blame themselves for a grown-up's storm; saying this out loud lifts it off them.

2 “I got too prickly before. You didn’t do anything to deserve that.”

Why it helps: names what happened, simply and without blame, and hands the shame back to nobody.

3 “Even when I’m cross, I never stop loving you. I always come back.”

Why it helps: this is the whole lesson of repair: that love holds steady, even after a hard moment.

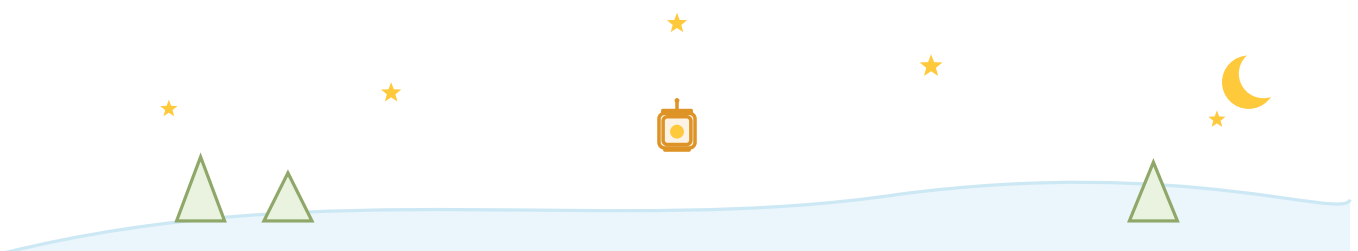
4 “Shall we have a do-over? Let’s try that bit again, together.”

Why it helps: a do-over turns the moment into something you mend side by side, not a mark against either of you.

5 “You can be upset with me. I’ll be right here when you’re ready for a cuddle.”

Why it helps: lets their feelings be okay too, and leaves the door open to reconnect at their own pace.

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FOR YOU, NOT FOR THEM



And one quiet line for you

Before you finally close your eyes tonight.



I'm a good parent who had a hard moment.

Say it to yourself the way you'd say it to a friend.

The fact that you're lying awake caring this much is proof of how much you love your child. Being gentle with yourself tonight is not letting yourself off the hook. It is the thing that helps you stay a little steadier next time, because a calmer you starts with a kinder you.

WHO WE ARE

We're Lantern Path Books, a small Australian children's imprint making gentle picture books and calm printables. This card comes from the same belief: big feelings are safe, grown-ups are allowed to be human, and coming back together is what little ones remember.

If the hard moments have been feeling heavier than a card can hold, that is okay, and you are not alone. In Australia, PANDA is there for parents on 1300 726 306, with no judgement.

Your free card is always yours to keep.

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